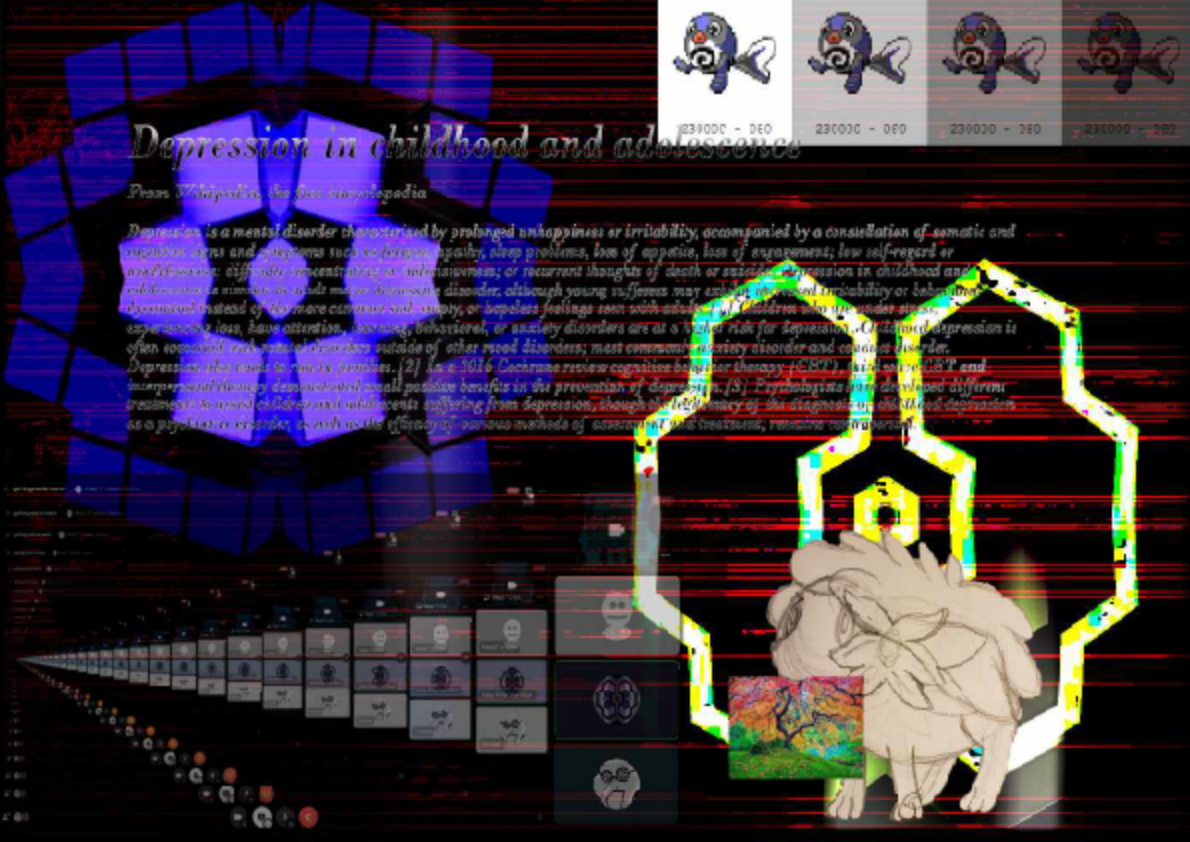
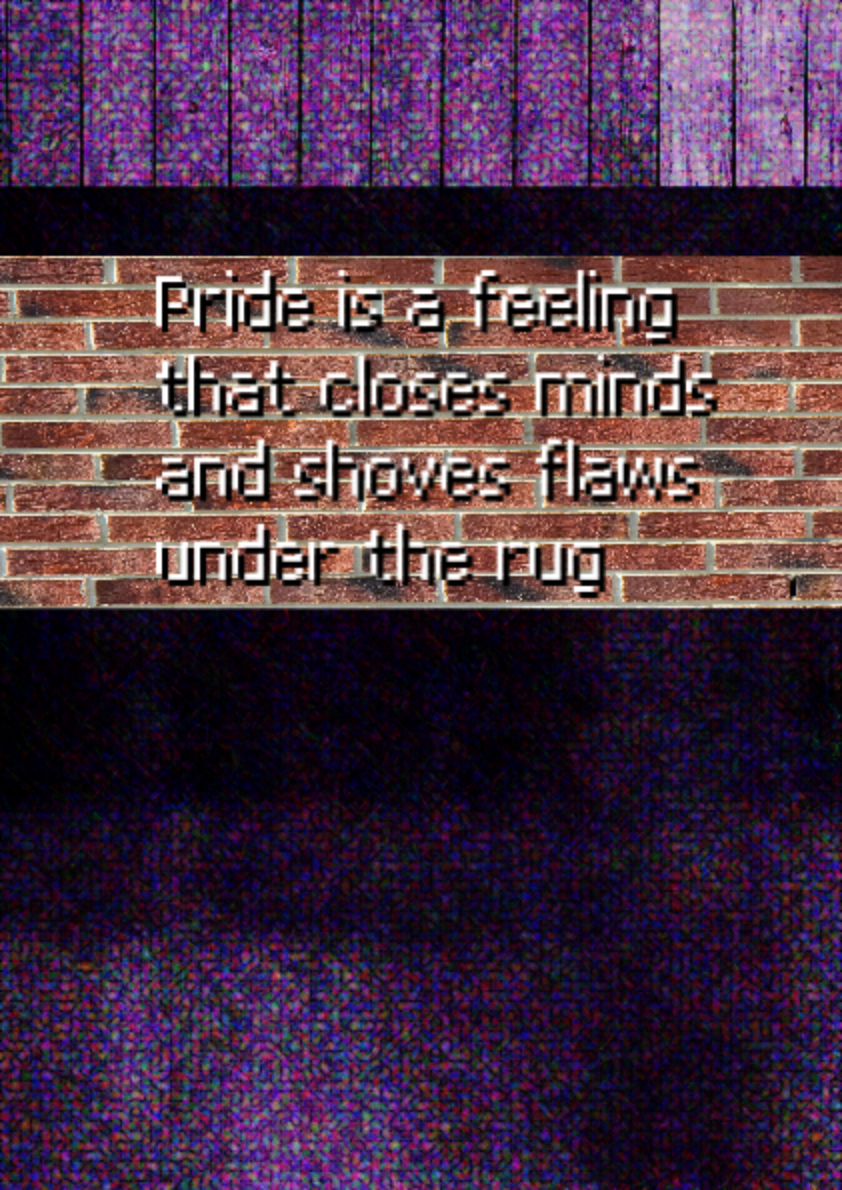
sad zine by [illegible]

# Misery and Misanthropy


Depression in childhood and adolescence
From Wikipedia, the free encyclopedia
Depression is a mental disorder characterised by prolonged unhappiness or irritability, accompanied by a constellation of somatic and cognitive signs and symptoms such as fatigue, apathy, sleep problems, loss of appetite, loss of enjoyment; low self-regard or unwarranted guilt; difficulty concentrating or indecisiveness; or recurrent thoughts of death or suicide. Depression in childhood and adolescence is similar to that in adult major depressive disorder, although young sufferers may exhibit more irritability or behavioural disturbance instead of the more common sad, empty, or hopeless feelings seen with adults. Children who are under stress, experiencing loss, have attention, learning, behavioral, or anxiety disorders are at a higher risk for depression. Childhood depression is often concurrent with other disorders outside of other mood disorders; most commonly anxiety disorder and conduct disorder. Depression also tends to run in families. [2] In a 2016 Cochrane review cognitive behavior therapy (CBT), both "third wave CBT" and interpersonal therapy demonstrated small positive benefits in the prevention of depression. [3] Psychologists have developed different treatments for mood disorders and adolescents suffering from depression, though the legitimacy of the diagnosis, the illness' distinction as a psychiatric disorder, as well as the efficacy of various methods of assessment and treatment, remains controversial.


Pride is a feeling
that closes minds
and shoves flaws
under the rug

I have low self esteem
but at least I don't
have pride.
I don't need to step on others to feel pride

THE BRAIN IS NOT YOUR FRIEND
IT ONLY CARES ABOUT ITSELF

act is made
up. Music
is made up,
writing is
made up,
why can't
it be free
to be

THE APPEAL TO POPULARITY IS BUILT
AROUND THE BELIEF THAT SOMETHING
IS TRUE (OR FALSE) BECAUSE A LOT OF
PEOPLE BELIEVE IT IS. THIS IS
FALLACIOUS BECAUSE IT CONFUSES
WHETHER AN IDEA IS JUSTIFIED WITH
WHETHER IT IS ACCEPTED.
DEMONSTRATING WIDESPREAD
SUPPORT FOR SOMETHING ONLY
PROVES IT IS POPULAR, NOT THAT IT IS
TRUE OR FALSE.
just want to live my life as me
Ttfn u luv ya